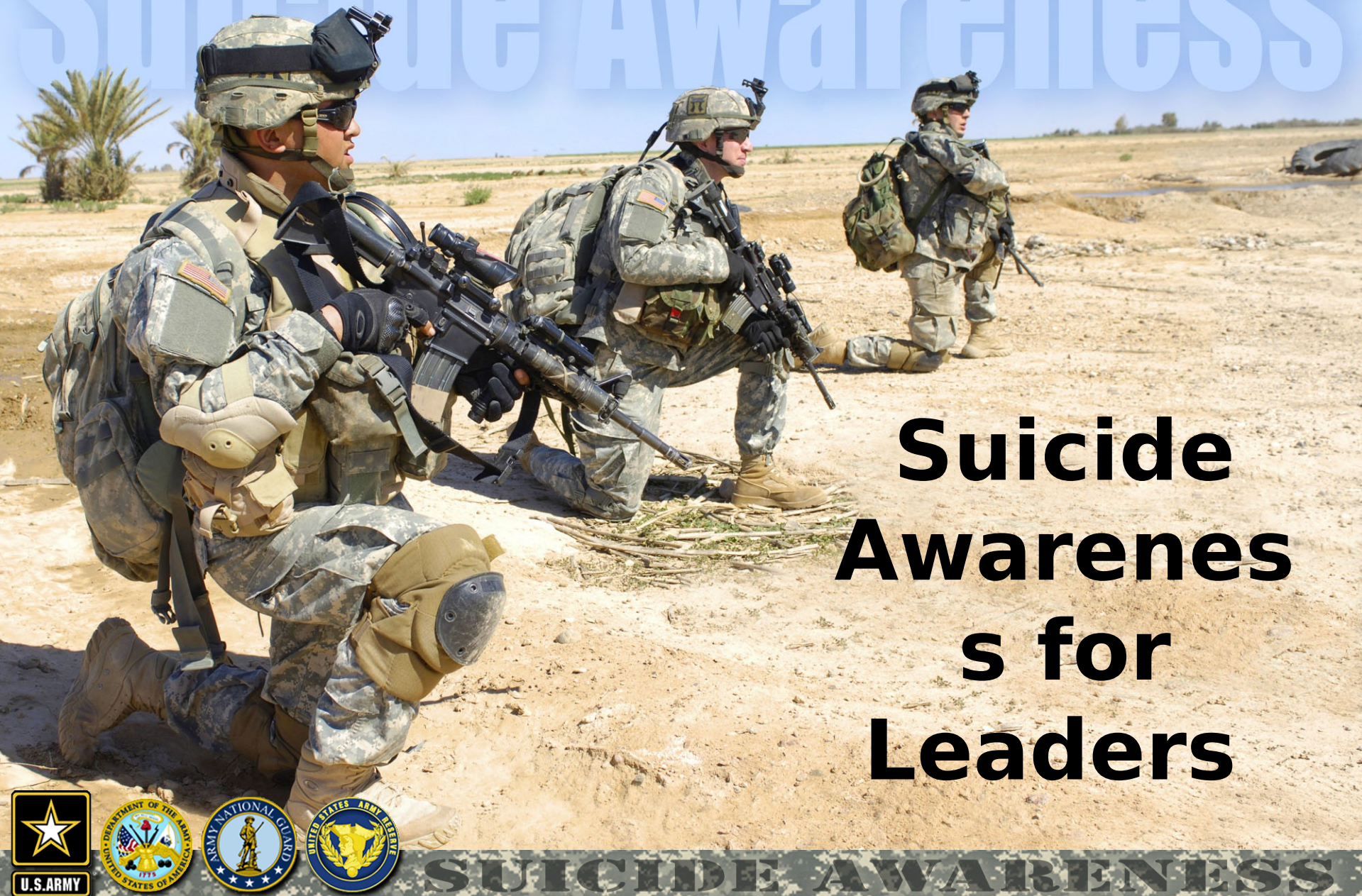


# Suicide Awareness



## Suicide Awareness for Leaders

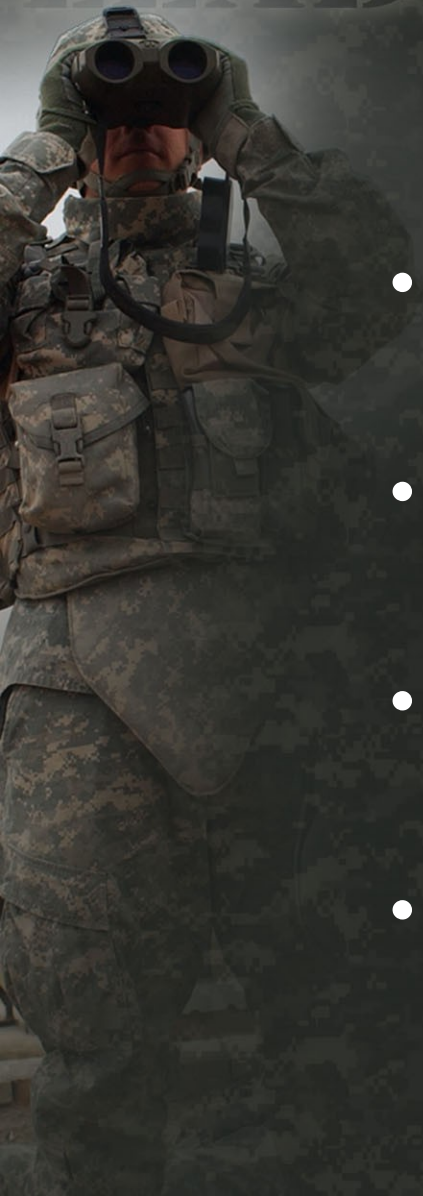


SUICIDE AWARENESS



## Agenda

- Bottom Line
- Vignette
- Leader Actions
- Safety Plan Development



# Bottom Line for Leaders

- Suicide can be prevented, but we need your help.
- Create a trusting environment where Soldiers will feel that it is okay to ask leaders for help.
- “Earlier treatment leads to faster recovery”.



**SUICIDE AWARENESS**



## Suicide Vignette # 1

**SFC Jones**, 36 year old male with 16 years TIS

Recent divorce and contested custody battle

Recent APFT failure

Unable to meet financial obligations

Pending UCMJ for DUI

Depressed but does not seek behavioral health treatment

Feels chain of command not supportive





# Intervention



## Ask your buddy

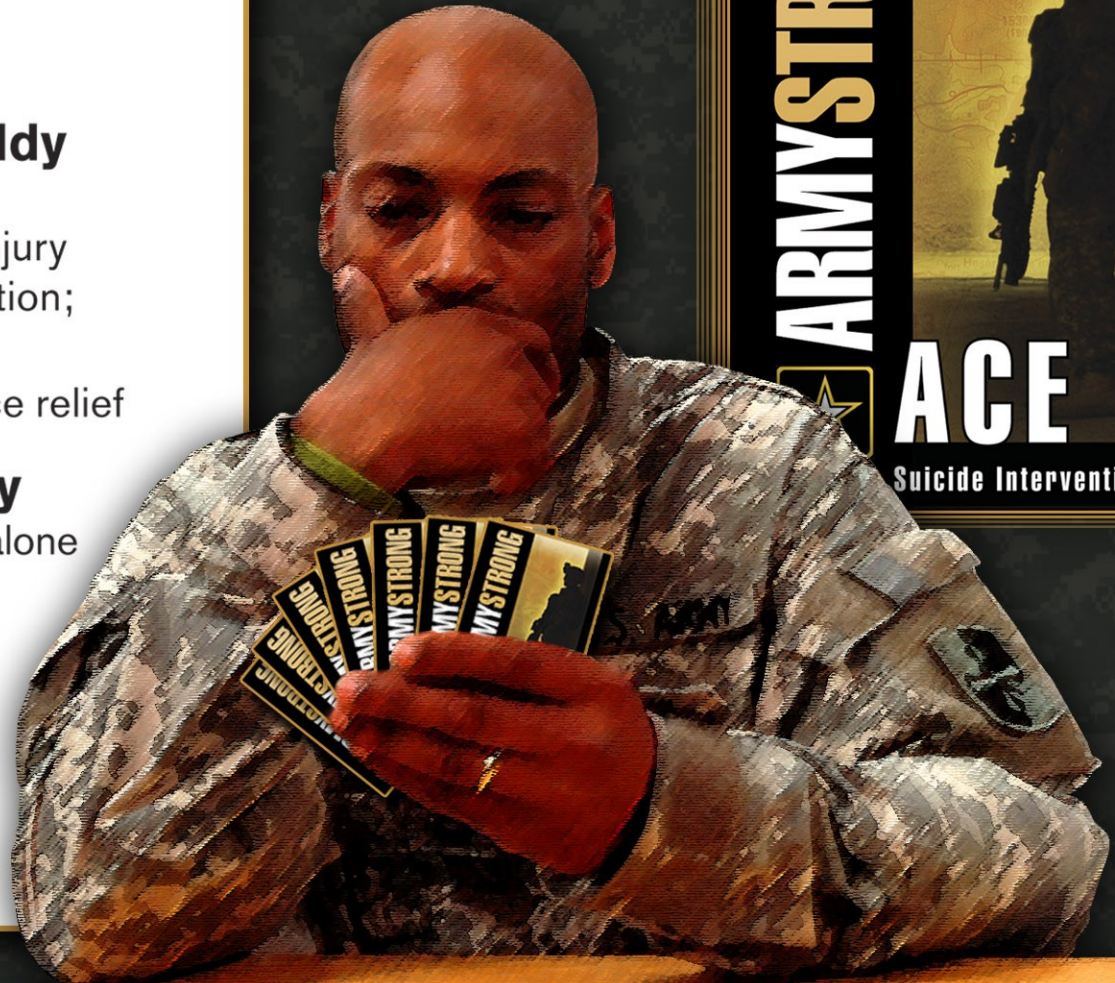
- Have the courage to ask the question, but stay calm
- Ask the question directly, e.g. Are you thinking of killing yourself?

## Care for your buddy

- Remove any means that could be used for self-injury
- Calmly control the situation; do not use force
- Actively listen to produce relief

## Escort your buddy

- Never leave your buddy alone
- Escort to the chain of command, a Chaplain, a behavioral health professional, or a primary care provider



U.S. ARMY

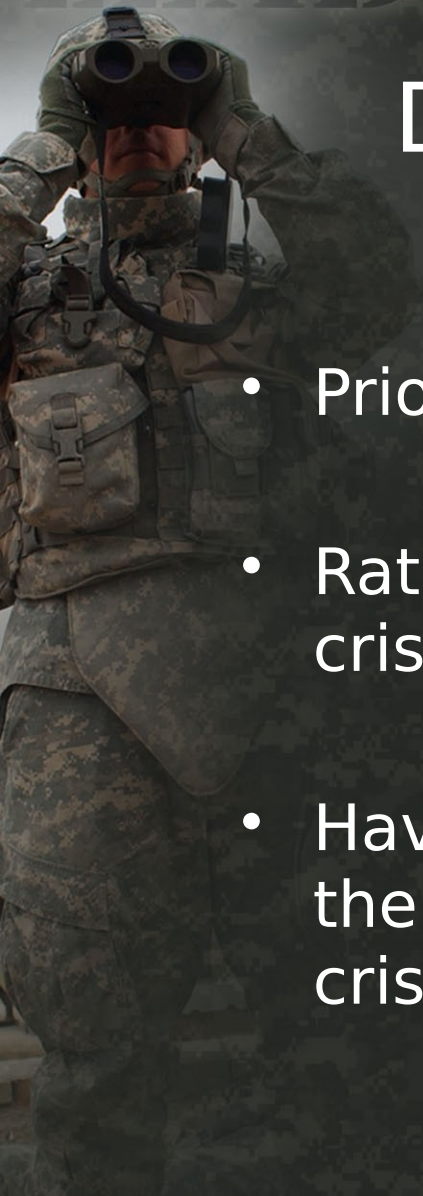


SUICIDE AWARENESS



## Developing a Safety Plan

- Prior planning optimizes performance
- Rational thinking is more difficult during a crisis
- Having a suicide prevention plan may give the service member options for dealing with crisis



## SAFETY PLAN

**Emergencies: Call 911 or go to Emergency Department**

**Support's Name:**

**Address:**

**Phone:**

**Email:**

**Other Support (CoC, Chaplain, BH Provider)**

**Address:**

**Cell:**

**Email:**

**Coping Activities: (List specific activities for individual--take a walk, go run, shower, listen to music, etc.)**

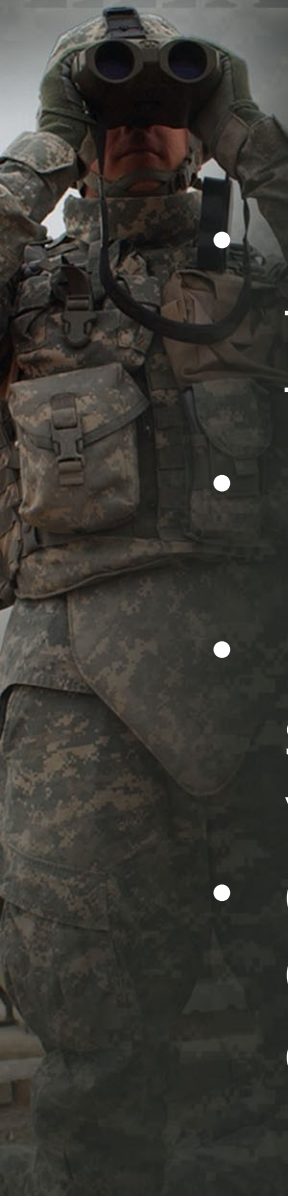
**Means Restriction: (When appropriate--i.e. SM has elevated risk--consider specific plan to remove lethal means for harm and/or secure SM's safety and escort to emergency services)**



# LEADERSHIP IN ACTION

## Leadership Focus

- Monitor Soldier access to services and programs that support the resolution of behavioral health, family, and personal problems.
- For Soldiers, comply with regulatory referral requirements to ASAP (IAW AR 600-85) .
- Review consistency of disciplinary actions for substance abuse/misconduct within and across your units.
- Coordinate training events for NCO, officer, and Civilian supervisors on recognizing symptoms of distress and dysfunctional behavior in their personnel.



SUICIDE AWARENESS



## Summary

Suicides can be prevented in the Army by:

- Securing appropriate interventions for those **at risk**
- Leaders **knowing** and **caring** about their Soldiers and Civilians
- Leaders constructively **intervening early**-on in their Soldiers' and Civilians' problems
- Leaders paying close attention & providing constructive interventions to all personnel **facing major losses** from work-related issues, failed relationships, and experiencing legal or financial problems.





# RESOURCES



- BAMC Behavioral Health  
<http://www.bamc.amedd.army.mil/departments/behavioral/>,  
916-1600
- MilitaryOneSource at  
<http://www.militaryonesource.com>, 1-800-342-9647
- National Suicide Prevention Lifeline,  
<http://www.suicidepreventionlifeline.org>, 1-800-273-TALK (8255)
- Veteran Crisis Line, <http://veteranscrisisline.net>,  
1-800-273-TALK (8255), then press 1.
- Resource Handout